



TOTAL WELLBEING DIET

NOW WITH POSITIVE PSYCHOLOGY

How to achieve TOTAL WELLBEING

Total Wellbeing is the balance of physical wellbeing and psychological wellbeing



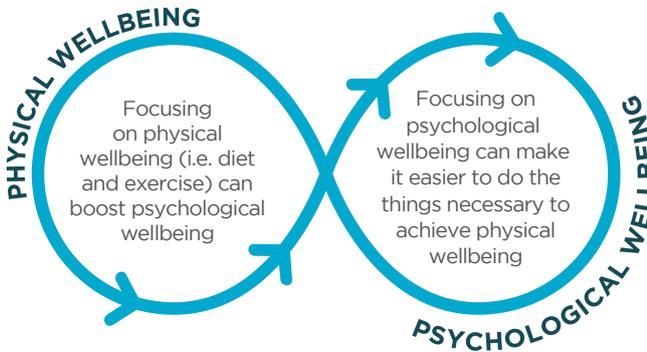
PHYSICAL WELLBEING can be achieved with:

- Healthy diet
- Physical activity
- Weight management
- Health check-ups



PSYCHOLOGICAL WELLBEING can be achieved with:

- Kindness
- Gratitude
- Journaling
- Connectedness



INSTANT MOOD BOOSTERS



You don't have to wait until you've lost weight to feel good.

Counting your kind acts, writing gratitude notes and journaling about your best possible self are scientifically proven techniques that can boost your mood long before you achieve significant weight loss.²

In a 2019 study, 46% of CSIRO Total Wellbeing Diet members¹

46% IMPROVED

with mental illness reported an improvement in their condition by following the diet plan. Members also reported increases in self-confidence, satisfaction and mood.

PROPORTION OF MEMBERS WHO REPORTED A BOOST IN WELLBEING FROM THE CSIRO TOTAL WELLBEING DIET PROGRAM¹



totalwellbeingdiet.com

References: ¹ Hendrie & Williams. CSIRO Total Wellbeing Diet Online: Member Survey. Understanding the health impacts of the program. CSIRO 2019. ² Brindal & Wiggins. Simple Positive Psychology Interventions for Improving Wellbeing: A rapid review and synthesis of the scientific literature. CSIRO 2020.